

USD 501 receives grant

Topeka Unified School District 501 is one of the recipients of a Kansas Coordinated School Health grant.

The grant, which totals about \$5,460, is used in USD 501 for expanding Family Fitness Fun Nights at schools, holding a nutrition education event in every elementary school and providing families with a calendar of ideas promoting physical activity.

Kansas Coordinated School Health works to bring school personnel, parents, community members and community resources together to address policies and programs that focus on nutrition, physical activity, tobacco prevention and other topics that impact the health and wellness of children.

The grant program is designed to assist schools and school districts in making progress toward exemplary wellness policies, according to information provided by Kansas Coordinated School Health.

The district originally received \$6,500, said Tammy Austin, executive director of administration for the district. But along with cuts the state has made, the amount was reduced by 16 percent.

"We're still excited about the grant," Austin said. "It fits in so nicely. The family fun fitness nights are going to be a big thing for us. With this grant, we will be able to increase the number of schools that can host these events. We will have 17 schools impacted this year."

Other programs include tobacco use prevention information, introducing elementary school students to unique fruits and vegetables during lunch room time, and offering a "Maintain, Don't Gain" program for employees.

"Our goal is to eventually hold a big district health event at Hummer Sports Park," Austin said.

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